



A Field Of Greens: Gourmet African Slow Cooker Soups And Stews

Ivy Newton-Gamble

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First unabridged edition of Field of Greens October 2008, second edition of the groundbreaking African food cookbook is currently available as of August 2015. Quick and easy slow cooker meals are not usually associated with gourmet African cuisine. Whether you are a beginning chef or a seasoned professional, you can enjoy tasty easy soups and stews with simple recipes from all over the African continent. The wonderful thing about African soups and stews is that you do not need a special occasion to create a wonderful hearty meal. Slow cookers allow the freedom to add a few ingredients and in little or no time, a warm, amazing scrumptious meal is ready to serve. All 80 recipes in this book have been adapted for the slow cooker and the directions are short and simple the recipes convenient and delicious.

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